



If you or someone you know
is being abused,
break the cycle,
end the silence!
Make a
confidential call
for help
1-800-572-SAFE
(7233)

End Domestic Violence

STEPS FOR YOUR PROTECTION...

- ▶ Make sure you have access to house and car keys, money, and transportation to a safe place
- ▶ Keep a small bag packed with essentials for you and your children and give it to a friend for safekeeping
- ▶ Call the Domestic Violence Hotline at 1-800-572-SAFE (7233) for information and referral to your local battered women's program
- ▶ Call the battered women's program in your area for guidance - if an incident of abuse occurs, call the police immediately
- ▶ If you are physically injured, go to a doctor or hospital emergency room and tell them what happened to you
- ▶ Ask the physician to document your injuries in your medical record and to photograph visible injuries - these confidential medical records and photographs may be helpful if you choose to take legal action

Distributed by:

NJ Department of Community Affairs
Division on Women
Office on the Prevention
of Violence Against Women

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James E. McGreevey, Governor
Susan Bass Levin, Commissioner



You have the right to be safe.

No one has the right to abuse you. If you are being abused, you may request a Temporary Restraining Order (TRO) to help protect you from further abuse.

A TRO may:

- Forbid your attacker from entering your home
- Forbid your attacker from having contact with you or your relatives, or bothering you at work
- Require your attacker to pay temporary support for your children or you
- Require your attacker to pay you back money spent or medical treatment for injuries inflicted by your attacker
- Grant you temporary custody of your children

How to get a TRO:

- Contact the Family Part of the Superior Court in your county Monday through Friday (8:30 a.m. - 3:30 p.m.)
- On weekends, holidays, and after 3:30 p.m. Monday to Friday, you can request a TRO from the Municipal Court in your area - this is usually done through your local police department
- To receive information about contacting a court for a TRO, call your local police department or call the Statewide Domestic Violence Hotline - 1-800-572-SAFE (7233)

If you need help:

For emergency shelter, counseling, or other services, call the Statewide Domestic Violence Hotline 1-800-572-SAFE (7233). (This hotline is toll-free, 24-hours-a-day, 7-days-a-week. It also is bilingual and TDD-equipped for the hearing impaired).

Call your local domestic violence women's program for:

- Emergency shelter
- Counseling
- Help with filling out forms
- Legal advocacy
- Lawyer referral
- Assistance in preparing for a court appearance

Usted puede conseguir informacion sobre la ley de violencia doméstica. Llame la línea Directa Estatal de la Violencia Doméstica, 1-800-572-7233.